



Getting more out of every day with memory difficulties

A guide for family and friends



BeMe, Trevellis House, Lodge Hill, Liskeard, PL14 4EN

Telephone: 01579 373700

Email: be.me@nhs.net



Helping people live well with memory difficulties

People living with memory difficulties may experience problems that impact on their general wellbeing and how they feel. For example, people may forget important information, like dates, names of people, and have to ask for the same information over and over again. They may also have difficulties following plans, or a familiar recipe, and completing daily tasks. More information about memory difficulties can be found on pages 47-48.

These difficulties can understandably be upsetting, for both the person with memory problems and close family members and friends. However, many things can help someone close to you experiencing memory difficulties live every day as well as possible.

We've developed this self-help programme alongside people experiencing memory difficulties and their family members and friends.

The programme is designed to help overcome some of the unique difficulties and challenges experienced by people living with memory difficulties, and also those close to them.

This programme is based on an evidence based technique known as Behavioural Activation. It's designed to help people increase their activity or keep active, which we know can help people improve their life and help people feel more worthwhile. This technique has been shown to help many people continue get "more out of every day", despite having memory difficulties.



How does the programme work?

This booklet has been designed to guide you through the programme and supporting the person close to you, so they can continue to live every day as well as possible.

The person you're supporting also has a booklet.

Living with memory difficulties can make it tricky for people to work through the programme on their own. However, research suggests the programme can be really helpful when a family member or friend supports the person living with memory difficulties work through the exercises.

An added advantage

Research has shown that if the person experiencing memory difficulties gets more out of life by increasing their activity then this will often have benefits for you too.

You, and a family member or friend, will also be supported by a Wellbeing Practitioner from BeMe. BeMe is an NHS service provided by Cornwall Partnership NHS Foundation Trust - they provide talking therapies to people across Cornwall who may be experiencing difficulties with how they are feeling to help them to make more out of every day.

A Wellbeing Practitioner is a health professional specially trained in supporting people with memory difficulties, and those close to them.

Your Wellbeing Practitioner is called

.....

..... will introduce you, and the person you're supporting, to the programme during a face-to-face meeting.

After this meeting you can speak with on the telephone each week over the coming months to provide you with help and support to work through the booklet. You can see a diagram about how the support will work on page 4 of this booklet.

..... will act a bit like a coach or personal trainer and help you to understand this programme and overcome any problems you and the person you're supporting might experience.

If you experience any difficulties, please telephone
- who will welcome your call.

How you would like to work is up to you.

Who else might be able to help?

It's also important not to try to take on too much yourself. There may be other family members, friends or people from community groups who could help the person you're supporting to use some of the strategies in this programme.

Perhaps write down who else might be able to help here:

.....

.....

.....

.....

.....

.....

.....

How the support works

You and the person you're supporting meet for a face-to-face session with your Wellbeing Practitioner,
They will talk through the programme and this booklet with you.



You will receive up to 9 weekly telephone calls from
These will last around 10 minutes and will be focused on reviewing how things have gone with the programme and helping you problem solve any difficulties and decide on the next steps.



You and the person you're supporting will have a final face-to-face meeting with to help you to keep using the techniques used in this programme in the future.



Throughout this booklet you'll find the **Living with Memory Difficulties Story** of Shirley and George. The story follows how George and Shirley worked through this self-help programme together.

Important: Everybody's situation is different. You may be supporting a husband, wife, mother, father, aunt, uncle, another family member, or a friend. Also, the person you are supporting may experience different difficulties to the difficulties Shirley experiences. This story is designed as an example of how the booklet can be used, but we understand it cannot represent everyone's unique situation.

Shirley and George's Living with Memory Difficulties Story

Shirley is living with memory difficulties and was also experiencing difficulties with how she was feeling. She worked through this booklet with help from her husband, George.

George is 78 years old and lives in Cornwall with his wife Shirley.

They've been married for over 50 years and have two children, Samuel and Nicola, and three grandchildren. George retired when he was 65 and Shirley took retirement at the same time. They'd been enjoying living on the coast, going for long walks with the dogs in the countryside and were part of the local community with a close group of friends.

George started to notice a few things seemed different in Shirley.

At first it was little changes, becoming less interested in things and repeating questions. Then she started to check the names of their grandchildren with George and began to make small mistakes around the home.

George and Shirley went to see their GP who felt Shirley should go to see a local memory service.

Shirley was very unsure but agreed to go if George went with her. The memory service ran some tests and found Shirley had indeed started to experience memory difficulties. Shirley and George were both shocked and felt scared and hopeless.



Over the next few months George started to notice more changes in Shirley.

She struggled to find the right words when talking to people at the local Women's Institute, so she stopped going. She stopped doing more and more, even just going to the local shop or walking the dogs. She spent most of her time sleeping or just watching TV. Shirley was doing less and less, seemed quite down and was no longer 'getting the most out of every day' which she had always done before. George found he also wasn't living as well as he had previously done.

Both Shirley and George got some support.

Shirley and George were visited by their Memory Nurse and George talked about how he was concerned about Shirley. They were recommended to see a Wellbeing Practitioner from the 'BeMe' NHS service in Cornwall.

One week later they went along to see a Wellbeing Practitioner from the BeMe service.

Their Wellbeing Practitioner was called Gail and she asked some questions to identify what the main problems were, and recognised that Shirley's mood was quite low and was stopping her from getting as much out of everyday life, like she had done before.

However Gail said that with Shirley's hard work and the help of George there was something that could be done.

Gail introduced them to a self-help booklet called 'Getting More Out of Every Day with Memory Difficulties.' Shirley and George felt uncertain at first, but were reassured when Gail said she had supported many people in a similar situation to theirs and that they were not alone in this.

Gail then set a time with them both to go through the programme the following week.

Following that Gail said she would also phone George every week to 'check-in' on how they were getting on and help them overcome any difficulties if they arose. Over the next few weeks Shirley and George, with the support of Gail, started to work through the self-help programme in this booklet.

Throughout this booklet are examples of how Shirley and George worked through the self-help programme and at the end of the booklet we'll find out more about how Shirley and George got on.

Contents

Step 1
Getting more out of every day

Step 2
Setting Goals

Step 3
What activities is the person you're supporting currently doing?

Step 4
Identifying, organising and planning activities

Step 5
How did it go?

Step 6
Staying Well

Step 7
Managing setbacks and difficulties

Step 8
What are Memory Difficulties?

Step 9
Tips for family and friends

Step 10
Sources of Support

Step 1

Getting more out of every day

It's understandable that having memory difficulties can affect someone's general wellbeing. Around 1 in 3 people with memory find themselves having problems with 'getting more out of every day'. People may find themselves giving up many activities they used to do, feeling down or flat and having difficulties coping. This can sometimes make some of the physical symptoms more commonly associated with memory difficulties worse.

This can also significantly impact on family members and friends who support them. Therefore it's important that people experiencing memory difficulties get help and support to live as well as possible.

Researchers aren't sure why people with memory difficulties experience problems with their wellbeing. But here are some possible reasons:

- Experiencing memory difficulties is understandably upsetting. Feeling fed-up and stopping activities may be a reaction to the difficult consequences of living with memory difficulties.
- When people experience memory difficulties they often give up activities that are important to them and they used to enjoy.
- The types of thoughts that go round and round in our heads become unhelpful, being negative.
- Low levels of a chemical in the brain called serotonin.

Whilst all of these things may have some role, it's likely the way we feel is influenced by a mixture of them all.

However, there are tools and techniques that can help the person you're supporting 'get more out of every day', even with memory difficulties!

What affects our wellbeing?

Here are some common signs that someone might not be living as well as they could be and that their wellbeing may be impacted in a negative way.

It may be helpful for you and the person you're supporting to look through this list to see which of these signs they're experiencing.

Commonly signs that our wellbeing is being impacted in a negative way are related to four main areas:

My Physical Feelings

- "I feel tired"
- "I feel exhausted"
- "I have no interest in sex"
- "I feel tearful"
- "I can't sit still"
- "I can't concentrate"
- "I'm having difficulties sleeping"
- "I can't be bothered"

What I think

- "I can't cope"
- "I can't do anything right"
- "I wish everything would end"
- "What's the point?"
- "I'm a failure"
- "My memory difficulties are a punishment"
- "My life isn't worth living"

My Mood

- "I feel sad"
- "I feel upset"
- "I feel low and down!"
- "I don't really feel anything"
- "I'm angry"
- "I get irritated easily"
- "I feel embarrassed"
- "I'm scared"

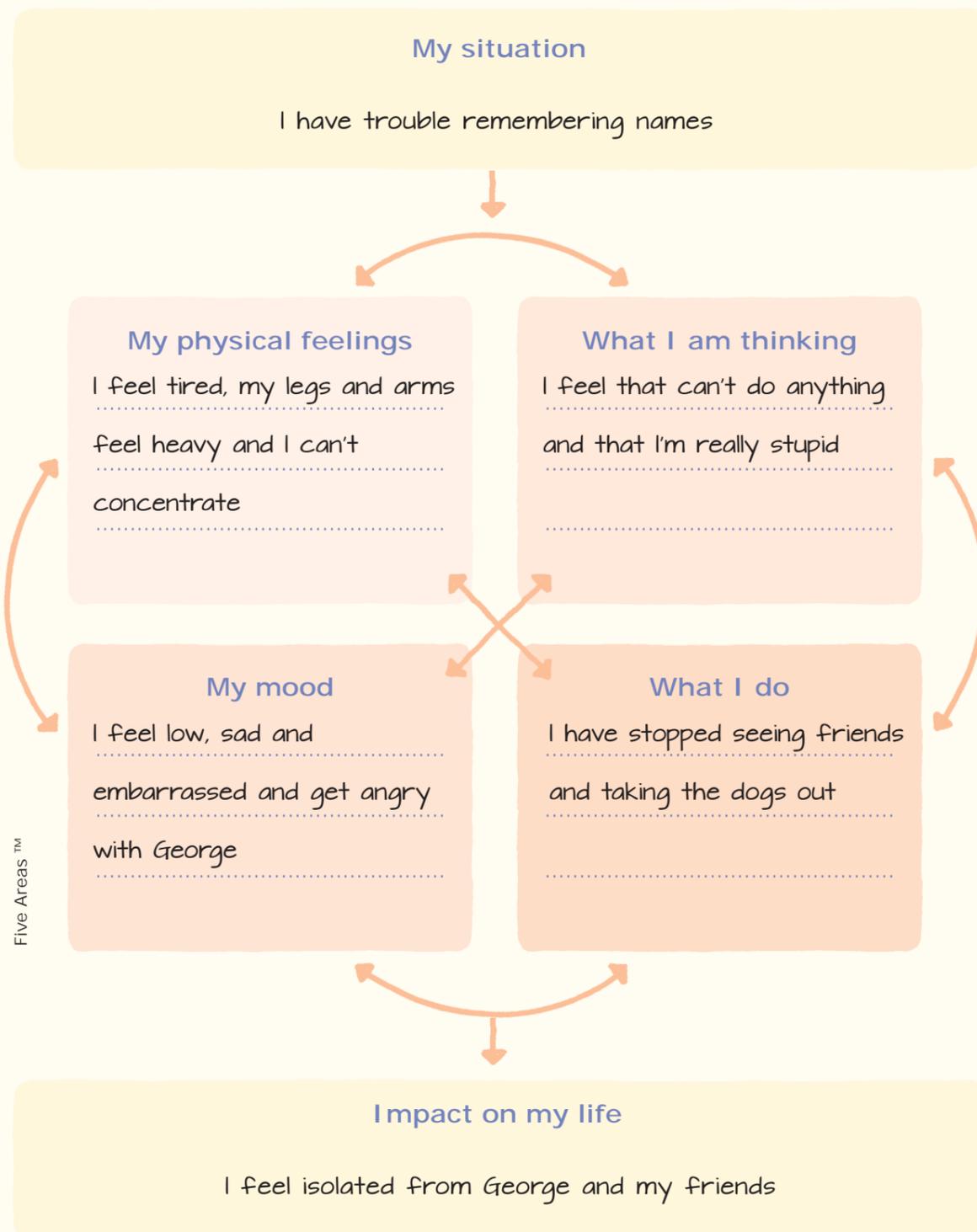
What I do

- "I've stopped doing things I used to like doing"
- "I don't see or speak to my family and friends"
- "I snap at people"
- "I stay in bed for longer"
- "I'm eating more"

We know each of these four areas impacts on one another – like a 'cycle' or a 'cog in a machine'. This cycle can affect our general wellbeing – we might feel low, flat, down or stressed.

In Shirley's first session she was supported by their Wellbeing Practitioner, Gail, and George to think about her own cycle. An example of Shirley's wellbeing cycle is on the next page.

Shirley's Wellbeing Cycle



The person you're supporting's wellbeing cycle

It's important for the person you're supporting to think about the signs that show they might not be living as well as they could be.

The first step of this programme is for the person you're supporting to develop their own wellbeing cycle using the diagram on page 12 in their booklet. This is the same as the diagram Shirley filled in on the previous page.

If the person you're supporting needs help, get them to try and think about the following:



Sometimes people with memory difficulties find it tricky to name the emotions they're experiencing. If the person you're supporting struggles to identify how they are feeling you could try using the **How I am feeling Chart** on page 60 of this workbook.



Making the Wellbeing Cycle Positive

Memory problems often mean people give up on some activities because they can no longer manage them like they used to. This may cause frustration or anger.

However equally the person may give up on many more activities than those they can't actually do because of their memory difficulties. Doing this may keep the wellbeing cycle going in a negative way, stopping the person, and often those close to them, from "getting more out of every day".

This is because when experiencing difficulties with our wellbeing, we don't get the same enjoyment out of things we used to find pleasurable.

Tasks may feel overwhelming and too difficult to fully concentrate on.

We might stop activities because we feel tired.

We also might start doing some activities more, like watching TV or staying in bed longer.

At first, doing fewer activities because of memory problems may make people feel better. For example, someone may feel relief by no longer getting frustrated or angry because they find it difficult to make a cup of tea, or answer the phone in case they forget what to say.

Sometimes doing fewer activities because of memory difficulties is completely appropriate. However, sometimes people also start to give up on activities they may still be able to do, or do in a different way.

Stopping activities they can still achieve can impact on peoples' wellbeing in a negative way:

- They may stop doing activities of importance and value
- They may no longer be doing activities they enjoy
- This can result in them becoming more isolated from friends and family

The technique covered in this booklet is called **Behavioural Activation**. It's a way of helping the person you care for start doing activities again.

This can help turn the wellbeing cycle from a negative to positive one again.

Starting to do those things that are still manageable to be done again can help people live well and improve life whilst living with memory difficulties.

We know experiencing memory difficulties can make it really hard for people to do certain activities. Therefore it can be helpful for them to start off doing activities a little at a time.

Experiencing memory difficulties may mean some activities are no longer possible.

However, there are ways of identifying new activities that are still possible.

.....
can help you and the person you're supporting identify suitable activities so the person you support can start to gain some balance in their life again.

Step 2

Setting goals

The next step is to help the person you're supporting think about what they'd like to get out of the programme by setting goals.

Sometimes people experiencing memory difficulties may feel they can't do anything anymore. It's important to think about what they can't do anymore because of their memory difficulties, but also goals they may be able to achieve but feel they can't at the moment because of the way they are feeling.

When setting goals it's important to think about the following:

Be specific

It's important to set specific goals for the programme. They may want to set goals such as 'feel better' but it can be hard to know whether a goal like this has been achieved. Instead, ask the person you're supporting to think about how they would know they were feeling better. For example, what sorts of things might they be doing if they were feeling better?

I will meet up with a friend twice a week
or "I'll go to church once a week"

Be positive in your goals

They might want to put down a goal like 'watch less TV' or 'eat less'. However, it's more helpful when goals are positive.

I will go on three walks a week somewhere different

Be realistic

It's also important to set goals that are realistic to achieve over the next few months. Having memory difficulties may make some goals seem unrealistic to achieve anymore. However try to ensure whether the person you support genuinely can't achieve the goal anymore, or are they possibly saying this because of how they are feeling?

On page 16 in the booklet for the person you're supporting is a worksheet titled **My Goals for the Booklet**. This is where they need to try and write down four goals. Help them using the guidelines on the previous page of your booklet if they need support. Sometimes, people may not be able to think of four to begin with. The number of goals the person you're supporting decides to set is totally up to them. However, they should look to continue to set more goals as goals are achieved.

Here is an example of Shirley's Goals for treatment:

Shirley's My Goals for the Booklet Worksheet

My first goal

Work on a word puzzle for at least 30 minutes a day

My second goal

Go to the supermarket with George once a week

My third goal

Take the dogs out with George to somewhere different four days a week

My fourth goal

Go to the Woman's Institute once a month with my friend Mary

Step 3

What activities is the person you're supporting currently doing?

Next we'll start to work through the steps of **Behavioural Activation**.

With your help over the next week, the person you're supporting will need to use the blank **My Starting Point Diary** on page 19 of their booklet to record what they're doing.

..... will chat through the **My Starting Point Diary** during your first meeting.

Keeping a written record for a week can help the person you're supporting and yourself, see the following:

- The things they've stopped doing but may possibly still be able to do, in part or full.
- Things they may have started doing more of.
- Activities that have remained the same.



When completing the diary it's important to think about:

What they're doing? For example:

Went for a walk

Where they're doing it? For example:

In the local park

Who they are with? For example:

With George

How did they feel?

how the activity make them feel using the mood rating scale below for each activity:



Happier



No difference



Sad

It's not necessary to write everything down. For example, 'getting ready in the morning' can involve lots of different small tasks, but they don't all need to be listed. It can also be helpful for the person you support to note down any comments they have about how each day went:

- Were there any particular times of day they felt better or worse?
- Were there any particular activities that made them feel better or worse?
- Were there any people that made them feel better or worse?

If they struggle to think about anything to put in the Comments box you may be able to help them by talking some things through.

An example of **Shirley's Starting Point Diary Worksheet** is on the next page.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	What	Slept late, Got washed and dressed	Got washed and dressed	Slept late, watched TV	Slept late, washed TV	Slept late and then watched TV	Slept late, watched TV
	Where	Bedroom	Kitchen and bedroom	Bedroom	Bedroom	Bedroom	Bedroom
	Who	With George	With George	On my own	George helped me get washed and dressed	On my own	On my own
	Feeling						
Afternoon	What	Ate lunch and watched TV	Ate lunch and watched TV	Watched TV	Ate lunch and watched TV	Watched TV	Ate lunch, went for a walk
	Where	Lounge	Lounge	Lounge	Lounge	Lounge	Dining room and on the beach
	Who	Ate lunch with George	On my own	On my own	Ate lunch with George	On my own	With George
	Feeling						
Evening	What	Ate dinner, watched TV	Ate dinner, watched TV	Ate a snack, went to bed early	Ate dinner, watched TV	Ate a snack, watched TV	Ate dinner, watched TV
	Where	Kitchen and lounge	Lounge	Lounge and bedroom	Kitchen and lounge	Lounge	Lounge
	Who	With George	With George	On my own	On my own	With George	With George
	Feeling						
Comments	Forgot to turn off the oven, felt stupid	My friend Mary called but I made George say I wasn't around.	Felt low all day today. Spent most the day watching TV on my own	Felt tired all day	With George. Just watched TV, felt really low	Tried to set the table. Couldn't remember where the plates were. Felt stupid.	A good day, it was great to see family

Step 4

Identifying, organising and planning activities

Identifying activities

The next step is to start thinking about activities the person you're supporting may still be able to achieve in part, or in full, and start doing again.

Most people's lives are made up of three types of activities. It's important we try and get a mix of these different types of activities back in our life:

- **Things we do daily or often**

For example, help to do the weekly shop, make dinner, do the washing up.

- **Things we have to do**

For example, take a bath, pay a bill.

- **Things we enjoy**

For example, go to coffee mornings, walking the dog, listen to music.

Use the **Identifying Activities Worksheet** on page 22 of their booklet to help write down a few activities.

An example of **Shirley's Identifying Activities Worksheet** is on the following page.

Shirley's My Identifying Activities Worksheet

Talk to a family member or friend if you need any help to do this

Things we do daily or often

For example, cooking, dusting, food shopping, washing up

Go to the Women's Institute with my friend Mary

Do food shop with George

Gardening

Walk the dog

Things we have to do

For example, taking medication, attending hospital appointments, paying a bill

Look at bills with George

Feed the dog

Things we enjoy

For example, seeing friends, exercise, reading the newspaper, listening to music

Watch Great British Bake off

Listen to music

Read the paper

Go to Morrison's canteen for lunch with my friend Hazel

Puzzles or crosswords

Visit the grandchildren

Identifying activities of importance and value

It's important to our wellbeing to do activities of importance and value to us. This can help us improve life and live well with memory difficulties.

To help the person you're supporting identify activities they'd like to do it can be helpful to support them thinking about what things in life are really important to them. There may be many areas of importance in their life but sometimes people find it helpful to think about the following areas:

Relationships	Health
Religious or spiritual life	Finances
Roles and responsibilities	Social and leisure activities

Firstly, help the person you're supporting think of areas of life that are important to them and they can still achieve.

Then help them identify activities that fit in these important areas of their life.

Important

The activities we like doing and how much we do the activity is completely down to us.

For some people, going to the garden centre once a week for a cup of tea is enough, or activities in the home might be better.

Try to pick activities of interest to the person you're supporting and what they're willing and able to do.

Identifying new activities

It can also be helpful for the person you're supporting to think of activities they'd like to start doing for the first time. People with memory difficulties may find it too difficult to do some activities they used to do, before developing memory problems. But there may be ways to do previous activities in a different way, or start doing new activities, that bring a similar sense of enjoyment or value to them instead. If you have any problems identifying new activities pages 42-44 of this booklet, under **Managing Setbacks and Difficulties**, provides some helpful hints.

Some additional helpful hints

Some activities might fall under more than one category. So try to put the activity where the person you're supporting feels it fits best.

If identifying activities is a struggle, try asking the person you're supporting the following questions?

- What activities have you stopped doing?
- What hobbies would you like to take up?
- Is there a group you would like to join?

They may feel there are activities they've stopped doing, or would like to, do but they no longer feel are possible anymore due their memory difficulties. It's perfectly normal to feel this way, however ask yourself what you think?

- Is there any evidence they can no longer achieve these activities?
For example, maybe your doctor has indicated that something is too hard, or maybe unsafe for them to do? But maybe thinking they can't do some activities is just a sign that they are not living as well as they could be?
- Or maybe the person you care for can't do the task the way they did it before, but are there other ways it can be done, or just parts of the task be done?

Unless you're sure because of the evidence, or been told an activity can no longer be done, still write them down. There may be other ways to adapt or achieve these activities. This is a common difficulty people experience, so we've added some helpful hints on page 42 of this booklet under **Managing Setbacks and Difficulties**.

The impact of your own worries

It's very understandable that when someone close to us is experiencing memory difficulties we want to protect them and keep them safe. However, sometimes this can result in us, family members or friends, taking away responsibilities and tasks from people living with memory difficulties sooner than we may need to.

The person you support may become dependent on you more quickly than they might have done otherwise, and it may stop them from taking pleasure in being able to still do things themselves.

Trying to maintain some independence in the person you're supporting for as long as possible is therefore really important. Sometimes this helps with memory difficulties and with the person remaining independent for as long as possible.

Try to think about the following:

- What can the person you're supporting help out with around the home?
- What important activities could they still do, even if support is provided?
- What memory strategies could be used around the home to remind the person to do certain tasks?
- Could anything be done around the house to help the person you're supporting? Remember the stages to complete certain tasks, for example the use of labelling or colour coding similar things?

Important

If you're struggling with your own worries speak to your wellbeing practitioner as they can provide other options for support.

Organising activities

The next step in Behavioural Activation is for the person you're supporting to put all the activities listed in the **Identifying Activities Worksheet** into an order reflecting how difficult they feel they would be to achieve. Each activity should be placed into one of the following categories:

● Less difficult to do now

With a little help from you, a friend or family member these are the activities the person you're supporting could start to do now.

● Difficult to do now

These are things they would have difficulty doing right now, even with support from someone.

● More difficult

Things they would find really very difficult to do at the moment, but possibly may still be able to do in the future. They are different to those things, which because of the memory problems simply could never be done.

Sometimes it can be difficult for people to identify less difficult to do now activities. If you're finding this hard, you could try breaking down some of the activities listed in the difficult to do now and the more difficult to do now categories.

For example 'cleaning the house' is a big task and might include tasks that are really difficult when experiencing memory difficulties. However, this task could be broken down into smaller activities, for example:

- Help make the bed
- Dust the lounge
- Wipe down the kitchen surfaces
- Do the washing up

There are some helpful hints on page 45 of this booklet under **Managing Setbacks and Difficulties** if some activities currently feel too overwhelming.

Next the person you're supporting needs to use the **Organising Activities Worksheet** on page 28 of their booklet to put each of their activities into one of these three categories.

An example of **Shirley's Organising Activities Worksheet** is below.

Shirley's My Organising Activities Worksheet

Talk to a family member or friend if you need any help to do this

Less difficult to do now

Weed one flower bed

.....

Cut back the bush near the front door

.....

Sweep the leaves

.....

Go to the Woman's Institute Coffee Morning with my friend Mary

.....

Take one of the dogs out to local park

.....

Look at bills with George

.....

Listen to classical music

.....

Feed the dog

.....

Difficult to do now

Help with the bills

.....

Do the food shop with George

.....

Take both dogs out at same time

.....

Visit the grandchildren

.....

Do a puzzle

More difficult to do now

Gardening

.....

Walking the dogs alongside the river

.....

Go to Morrison's canteen for lunch with my friend Hazel

.....

Read the paper

.....

Do the crossword

.....

Help the Women's Institute with an upcoming fete

Planning activities

The next step of Behavioural Activation is to help the person you're supporting to start planning the activities they're going to try and do this week using the **Next Steps Diary** on page 31 of their booklet.

It's important to start off with activities from the less difficult to do now list. It's also important to try and get a mix of different types of activity in the **Next Steps Diary**:

- Things we do daily or often
- Things we have to do
- Things we enjoy

When someone is experiencing memory difficulties it's important they try to remain active in lots of different areas of life.

Even simple, everyday tasks, like making the bed, if they can achieve it, are important for them to try and carry on doing. People with memory difficulties can also maintain independence by doing different types of activity, especially 'the things we have to do', like helping in whatever way they can to pay bills or feeding a pet.

The number of activities the person you're supporting wants to do is completely up to them. However, it can be helpful to spread out activities over the week and to try not to do too many activities on one day. This step is about starting to do things again – a little at a time.

When planning activities it's important for the person you are supporting, with or without your support, to write down:

- What they're doing
- Where they're doing it
- Who they're with
- Mood - How did the activity make them feel using the mood rating scale for each activity

Getting support

When planning activities remember to think about others who might be able to help the person you're supporting carry out the activities. For example, are there other family members, neighbours or friends who might be able to help with some of the activities? This can be helpful for the person with memory difficulties to enable them to spend time with more people. However, getting support from others is also important for you - so you can get a break too!

When planning activities therefore look back to who you wrote down under **Who else might be able to help?** on page 3 of this booklet and see if any planned activities could be carried out by people on that list.

Putting planned activity into action

Once the activities are planned in the **Next Steps Diary** it's time for them to start to do the activities.

Just like with the **My Starting Point Diary** it can be helpful to write down any comments they have about how each day went.

For example:

- How did the planned activity go?
- Did anything get in the way of trying out the planning activity?
- Were there any particular activities that made them feel better or worse?
- What activities did they enjoy?
- Where did they notice their mood lift?

If they are struggling to do this without your support then you could ask them these questions, or maybe you've noticed some things yourself you could chat to them about?

On the next page there is an example of **Shirley's Next Steps Diary**.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	What					Women's Institute coffee morning	
	Where					Village hall	
	Who					With my friend Mary	
	Feeling						(Neutral circled)
Afternoon	What	Take one dog for walk			Weed one flower bed		
	Where	Local park			Garden		
	Who	With George			On own		
	Feeling	(Smiley circled)			(Smiley circled)		
Evening	What		Look at the bills				
	Where		Kitchen				
	Who		With George				
	Feeling		(Smiley circled)				
Comments	Great to get out of the house.	Felt good helping George with the bills	Was great to get out of the house.	Weeding felt really manageable		Felt ok - but only if Mary was there with me.	

Step 5

How did it go?

Completing the activities may or may not have been easy. It's important to review how things are going each week.

Remember, each week will check in with you to see how things have gone.

..... will help problem solve any difficulties and review what the person you're supporting is going to do for the next week.

Things to Remember

Building in more difficult activities

If things go well it's important for the person you're supporting to slowly try and build more of the difficult activities into their diary, but at a pace suitable to them.

Building in more activities outside

There is some evidence to suggest that spending time in outdoor spaces, such as gardens, the coast, and the countryside, is important for wellbeing in people living with memory difficulties. As you build more activities back into your daily lives it might be helpful to think about how you can make more out of outdoor space and the most of our Cornish countryside and coastline.

Don't expect too much too soon

Some weeks things might be quite easy to achieve but others may be a real struggle. This is normal and to be expected.

Over the next few weeks it's important to build more activities into the person you're supporting's week and "make more of every day"

This will help them to live well with memory difficulties and get the most out of life.

Don't expect the person you're supporting to feel better immediately

It can take time to start to feel better again. But it is possible to begin to see small improvements after a week or so if things are going well.

Shirley and George's Recovery Story

With George's help Shirley did the activities she set herself.

At first she still felt tired and struggled a little, but over time she noticed things get a little easier and she felt less tired. George found the weekly telephone support from Gail, their Wellbeing Practitioner, really helpful. Although the telephone call was brief it really helped George overcome any difficulties as they arose and also helped encourage him to continue during times he found he was struggling.

They had a bit of a problem during the third week when Shirley found it really difficult to complete her diary and became really frustrated and then became angry, not wanting to continue using the programme. Although this was initially upsetting, George phoned Gail who suggested he talk to their Memory Nurse who might be able to provide some advice.

Later that week George also spoke with Gail during their regular catch up session over the telephone.

Gail was able to help George realise that he and Shirley had put too many activities in the diary for that week, making the activities feel too overwhelming for Shirley, as well as just being too tiring to do.

After this small set-back, things continued to go really well again. So well in fact that five weeks later, during their weekly telephone catch-up, Gail suggested that they may like to come back in to see her to discuss progress as things seemed so much better that perhaps they no longer needed the support.

So how are Shirley and George doing now?

Some days are still better than others but both Shirley and George continue to get 'much more out of every day' and both have noticed how they feel much better.

They continue to do well, and have just come back off holiday again, a short break to Jersey organised by their local Memory Café they now regularly attend.

Step 6 Staying well

It's important for the person you're supporting to try and make the techniques they've learnt in this programme part of their daily life so they can stay well in the future also.

At the end of the programme, you and the person you're supporting will have a final

face-to-face session with

Hopefully over the last few weeks they've been starting to feel better and "making more out of every day" as they've started to engage in activities that can bring life purpose and help them to live life as well as possible. They may have started doing activities again, or started new activities.

It's important for the person you're supporting to think about what's been helpful for them during this programme to help them "make more out of every day" in the future too.

Experiencing setbacks, challenges and difficulties in life is normal, especially when living with memory difficulties. However, it's important for the person you're supporting to keep an eye on how they're feeling in case they experience difficulties in the future.

What signs and symptoms may indicate the person you're supporting may not be making the most of every day?

At the beginning of the programme the person you're supporting wrote down the physical feelings, the thoughts they were experiencing, what they were doing more of less of and what emotions or moods they were experiencing that indicated they were feeling low, or not coping as well as normal.

These may be warning signs that they may be experiencing low mood again.

If they need help, give them a hand filling out their **My Warning Signs Worksheet** on page 36 of their booklet. An example of Shirley's worksheet is below. It may be helpful to look back at the **Wellbeing Cycle** filled in by the person you're supporting at the beginning of the programme.

Shirley's Warning Signs Worksheet

My physical feelings

I was feeling tired, had poor concentration, was not motivated

What I was thinking

"I can't do anything", "I'm really stupid"

What I was doing more or less of

I stopped seeing my friends, taking the dogs out and helping George around the house

My mood

I felt low, sad and embarrassed about my memory difficulties

Staying Well Toolkit

Next, it can be helpful to write down activities, strategies or techniques they've found really helpful during the programme.

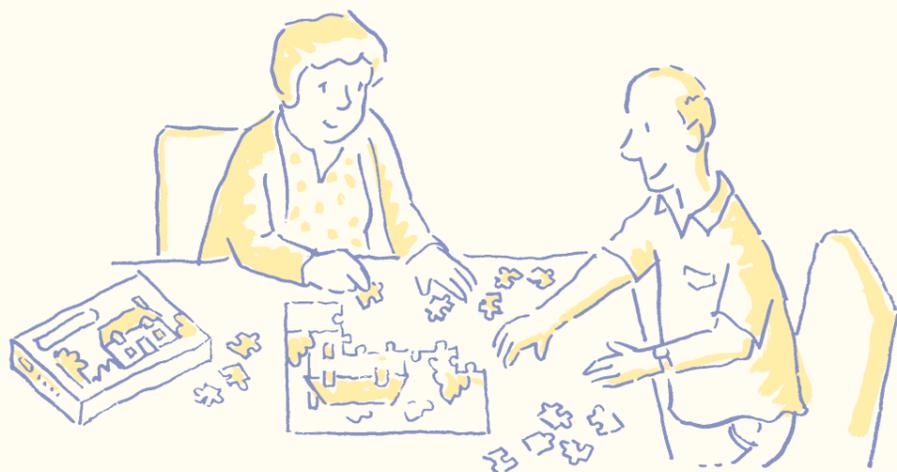
These can be referred back to in the future if the person you're supporting finds himself or herself struggling with their wellbeing.

Remember, feeling fed-up, sad or tired, for a short amount of time is perfectly normal.

However, if the person you're supporting experiences difficulties with how they are feeling for a while, and it begins to have an impact on how they live their life every day, it's important to do something about it again.

It worked last time so can do so again.

If they need help, guide them to fill out their **My Staying Well Tool Kit** on page 37 of their booklet if they can, or perhaps this may be something you can do? An example of Shirley's worksheet is opposite.



Shirley's Staying Well Toolkit

What activities helped me feel better?

Seeing the grandchildren, walking the dogs, helping to cook,

helping with the bills, going to the local Memory Café,

listening to music

What skills have I learnt working through this booklet?

I've learnt how to break tasks down so I can still manage to do them.

I now do lots of puzzles instead of crosswords

What techniques have I learnt from this booklet that were really helpful?

Asking George to help me write things down, it's helpful to plan activities

to do each week - this helps me make sure I do them.

Checking-In

As the person you're supporting finishes the programme it can be helpful to find a regular time for you and them to check in together to see how they're doing.

You may both find this regular 'check in' useful to continue for a number of weeks after finishing the programme to help ensure they're keeping up the activities that have helped them feel better, and are continuing to make them a part of their daily life where they still can.

There is a **Checking-In Worksheet** to use over the coming weeks or months on page 39 of their booklet. An example from Shirley is below.

Shirley's Checking-In Worksheet

What activities have I been able to keep up?

Mary taking me to the Woman's Institute, doing bills and the online shop with George

What has helped me keep up these activities?

Doing them with George and Mary, and writing down and planning activities to do

What activities have I stopped?

I have stopped taking the dogs out in the morning and am watching more TV instead

What has led to me stopping some activities?

I find it hard taking both dogs at once

What could I do to help me start doing those activities I can still manage again?

Ask George to help, maybe just take one dog at a time out instead

Am I experiencing any warning signs?

Feeling a bit tired but I don't feel low or sad like I used to

If I have given up any activities that I really enjoy or value, are there any ways I could do them a different way, or do part of them?

Now I've noticed this I am going to take the dogs out one at a time and when I take both George will come with me!

Remember...

If the person you're supporting starts finding activities more difficult here are some handy tips:

Think about how they can adapt activities so they can still do the activity but in a slightly different way

Remember to break hard activities down into smaller ones if you can

Get back into touch with the BeMe service for more support

You could also look to take this booklet to other types of support you and the person you're supporting might have in the future, for example:

- Activity Groups
- Memory Cafes
- Cognitive Stimulation Therapy

This booklet is designed as a guide to help the person you're supporting to make more out of every day with memory difficulties, both now and in the future. Therefore, it's important to keep active and living well despite difficulties with memory.



Step 7

Managing setbacks and difficulties

It can be common to experience setbacks and difficulties when working through Behavioural Activation. We've listed some common difficulties you may come across with some handy tips that might help.

Adapting activities

Certain activities may be really difficult to achieve due memory difficulties. Many people find themselves giving up activities.

For example:

The person you're supporting may have difficulties remembering names or dates, carrying out certain tasks, trouble concentrating or making decisions and lack of energy.

Also, other things sometimes get in the way of doing certain activities:

Having less money

Finding it hard to travel

Experiencing other physical health conditions

If these types of difficulties are getting in the way perhaps talking to your wellbeing practitioner or your GP may help, or you could try getting in touch with one of the organisations at the end of this booklet.

However, there may also be activities the person you're supporting can achieve, but in a slightly different way. It's important to think about alternative ways of achieving activities taking into account any difficulties the person you're supporting is now experiencing:

- Do they need more time to complete the activity?
- Do they need to practice the activity more?
- Do they need support to carry out the activity?
- How could the activity be modified to help them carry out the activity?
For example, could the activity be broken down into smaller tasks?

Sandra gave up cooking completely because she couldn't remember recipes anymore.

This was really upsetting as she loved cooking and used to cook for her family every day. However, Sandra's husband helped her write down some recipes of dishes she liked to cook into easy steps, so she could still manage to cook.

Although Sandra doesn't cook as many dishes as she used to, and does need to follow recipes, she is still managing to cook which is an activity she always enjoyed.



Harry spoke to us about how he used to love reading books.

However, he found it more and more difficult to read. His daughter took him to his local library and they chose some audio books instead.

Whilst Harry found it too difficult to read books, he found that the library had lots of audio books that he really enjoyed.



Giving up activities

Learning to live with memory difficulties is a huge life change in peoples' lives. Many changes may be experienced that can mean some activities are no longer achievable for the person you're supporting.

Although sometimes such changes mean they might have to give up certain goals and activities, the values of the goals or activity may still be important to them in other ways.

For example:

I used to love doing the newspaper crossword and I miss the sense of achievement I got from being able to complete the crossword.

I can't work anymore, but I really miss socialising with my old colleagues and getting out of the house.

However, it's important for the person you're supporting to see if they can gain similar values from other areas of life. In the examples above it seems the person took value in gaining a sense of achievement doing the crossword or just socialising with his old colleagues outside the home.

Try exploring the following with them:

- What activities can they no longer do?
- What was important about that activity? What did they value about that activity?
- What other activities could they do that would bring them the same value but they can still do?

For example, someone may not be able to do the crossword anymore but may be able to play card games or complete jigsaw puzzles. These other activities may help to compensate for their loss of achievement. Or the person you're supporting may miss work and socialising with people. However there may be a community group they could join instead to meet people.

There are many examples of activities in the community, such as Memory Cafes, that may help to support socialising.

The tasks are too overwhelming

Experiencing memory difficulties may make tasks feel too difficult and overwhelming to complete for the person you're supporting. If this is a difficulty try the following:

Try breaking tasks down. For example, a task like gardening can include many different activities: mowing the lawn, raking leaves, weeding a flower-bed or watering plants. Why not think about setting some of the broken down tasks that are achievable in the diary instead?

Maybe more support is needed to carry out tasks. For example, they may have difficulty remembering where something they need for a task is. This can make a seemingly simple task difficult. Try and think of ways to help them remember how to complete activities they'd like to do.

Support from others can be really helpful too. Are there other family members or friends who might be able to help you with some activities, and possibly even give you a little time to yourself? You might also find it helpful to speak to some of the organisations listed at the end of this booklet about sources of support too.

Important: If you find yourself struggling with working out how to break down big overwhelming tasks remember to speak with your Wellbeing Practitioner! They're trained to help people experiencing memory difficulties overcome these types of difficulties.

The impact of memory difficulties themselves

Sometimes memory difficulties themselves may make it difficult to work through this programme. Here are some tips that might help:

Written reminders about what activities have been planned.

Use of some of the tips included in this booklet about how to carry out activities.

Frequent and supportive verbal reminders.

Older memories tend to be easier to recall than newer ones. You may want to think about helping the person you care for engage with some activities involving talking about or sharing older memories. For example, looking at old photographs, listening to music and watching familiar films.

When working through the programme provide the person you're supporting with small chunks of information, at a slow pace and repeat it frequently.

There are various groups that can help people with memory difficulties. Many people find groups like Memory Cafes or Singing for the Brain helpful. If you think these might be helpful, information about organisations providing this type of support are at the end of this booklet.

Lack of motivation

Lack of motivation can be a common difficulty experienced by people living with memory difficulties, especially if they are feeling low. Motivation can be improved by trying some of the following techniques:

Pick the right time to try and carry out activities. You may notice the person you're supporting has more energy in the morning. However try and work out the best time of day for the person you're supporting. Looking back over the diary and the comments may help. Also, you may want to look and see if different activities may be better at different times of the day.

Try and make sure the activities are meaningful and have value to the person you're supporting.

Offer praise and encouragement to the person you're supporting to reinforce any gains they are making.

When working through the programme try to make sure the time and situation is right. It may be helpful to limit the amount of background noise by turning off the TV or radio.

Step 8

What are memory difficulties?

Experiencing difficulties with memory is a common part of aging. However, when changes in memory start to impact on living our lives, and become worse over time, this may be a sign someone is experiencing a more severe memory loss, such as a type of dementia.

Dementia is commonly associated with a number of problems, such as difficulties with memory, communication, planning, solving problems and making judgments.

There are a number of types of dementia, including:

Alzheimer's disease

Vascular dementia

Mixed (often Alzheimer's disease/Vascular dementia)

Lewy body dementia

Frontotemporal dementia

People who experience dementia may have symptoms, such as:

- **Memory difficulties:** remembering recent information/events/activities.
- **Sorting things out:** unable to pay bills or arranging a date for family to visit.
- **Solving problems:** can range from choosing a shirt to calculating change in a shop.
- **Difficulty in communicating:** not being able to find the right words or losing the flow and meaning of a conversation.
- **Loss of orientation:** not knowing what day it is or being able to give their address.

Sometimes, particularly if the dementia has progressed, people may experience other symptoms, such as:

- **Lack of interest/apathy:** not taking part in things they used to do for example gardening or reading.
- **Experience mood changes:** such as feeling very sad or becoming angry.
- **Some people may wander off and get lost especially if they feel confused.**

Important

Every person is an individual and their experience of specific symptoms will vary.

There is a great deal of information available. Please see page 55 for further information.

You may also find this website link helpful:

www.nhs.uk/conditions/dementia-guide/pages/about-dementia



Step 9

Tips of family members and friends

As well as developing a support programme for people experiencing memory difficulties, we've also identified a number of tips family members and friends have themselves told us they have found helpful in coping.

People close to someone who has memory difficulties may also find that it negatively impacts on their own wellbeing. If your own wellbeing starts to drop, and you begin to struggle with your own negative 'wellbeing cycle', then this can then directly impact on the wellbeing of the person you're supporting.

Therefore it's important you try to look after yourself as well. By doing so it may be of benefit to the person you're supporting, as well as yourself.

Important

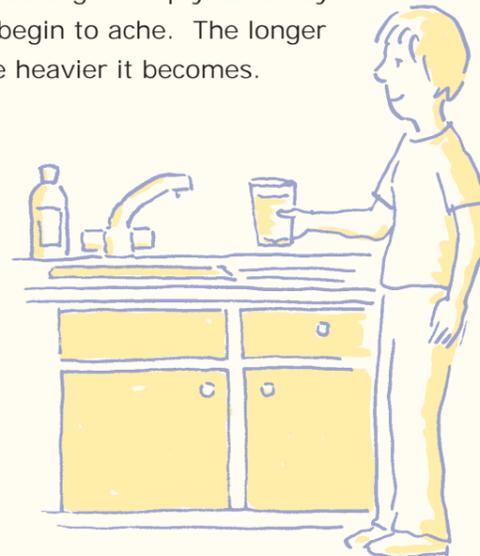
If you find yourself struggling with your own wellbeing speak with your Wellbeing Practitioner and they'll be able to find support for you too.

Supporting someone is a lot like holding a glass of water in your hand.

If you hold the glass of water for a few minutes this will be fine, it won't feel too heavy. However if you hold it for an hour without seeking to help yourself by putting it onto a table or something, your arm will begin to ache. The longer you hold the glass of water for without support, the heavier it becomes.

This is a lot like supporting someone.

Therefore, it's important sometimes to ask for support yourself or take a break. You can't hold the glass of water for too long without taking a break; much like you can't support someone without taking a break or getting help from others.



Time for me!

A number of relatives and friends speak about the importance of taking time out for themselves, even if it's only for a short time each day.

Taking time for yourself outside of looking after the person with memory difficulties is really important not only to help you keep your mood up, but also to enable you carry on providing support. Some people find it helpful to schedule a time to take a break each day. Write down here when you might be able to get a break each day yourself.

I will try to take a break:

.....

.....

.....

.....



Respite and day centres

When the time is right you may feel you need to have a break and some time for yourself – ‘respite’.

This is important in any relationship. Respite might range from time when someone can help out by being with your loved one once or twice a week, to give you some time to do things, through to taking a week away. Any respite would involve arranging for an appropriate level of care for the person. It's possible for some respite to be offered in the home or it may be a residential setting.

Accessing respite can be really difficult for family members providing support to someone with dementia.

You may feel very guilty leaving the person you're supporting – this is perfectly normal. However many people have also told us that in a short time this gets much easier and the benefits the break gives you are really important, not just for you, but also the person you're supporting.

Many areas in Cornwall have Day Centres available to adults.

Most people enjoy attending these and they offer time for people to meet and catch up. Cornwall Council will have information on local day centres in your area.

There are various people you can talk to about respite.

It can start with a health professional (primary care dementia practitioner; GP; Community Matron). Often they can start the ball rolling by involving other social care professional. Cornwall Council complete respite assessments for people in the county.

There is a great deal of information available on respite services and day centres. Please see page 55 for further information.

Support from Family, Friends, Dementia, Memory Groups and Carer Organisations

Family members and friends have spoken with us about how helpful it can be to have support from those close to them.

This is in terms of both practical support and also emotional support, such as having someone to talk to and share our difficulties or frustrations with. Some people also spoke about how useful and helpful they found community support groups, such as Memory Cafes or Singing for the Brain.

These groups can be helpful in providing informal and practical advice. They may help you or the person with memory difficulties not to feel like you are alone or feel like you are the only person experiencing the challenges facing you. However, getting others involved isn't for everyone, or you may not feel ready to take this step.

Don't worry if this is the case. However, Part 10 lists a number of dementia and carer organisations that run groups across Cornwall and nationally that you may find helpful, now or in the future.

Helping you compare your situation with others

Sometimes it can be helpful just being around other people in similar situations to share stories.

On occasions sharing your stories may also result in you gaining some helpful practical advice. Also talking to other people in a similar situation to you can help you become more aware of the different types of difficulties faced by others. This can sometimes help you consider your own difficulties in different ways.

Balance

Striking a balance between different types of activity is really important.

The routine of supporting someone with memory difficulties is really tough. Your days may be filled up with tasks supporting the person with memory difficulties as well as the home. However, it's really important to try and do things that you enjoy too to ensure that you 'get more out of every day' as well. Much like we've spoken about in this booklet.

"Gentle encouragement"

People with memory difficulties may have low levels of motivation.

Getting out of bed and starting their day or getting out of the house, may require more motivation than it used to. Many family members and friends we have spoken to have said that they find gently encouraging the person they are supporting, within their capabilities, can be really helpful. It can be important to continue to try and encourage the person living with memory difficulties to do hobbies, tasks around the house or activities around self-care. When someone is lacking motivation it can be easy to do more and more tasks for them as this can feel easier than trying to motivate them. However, helping a person with memory difficulties stay active and involved can help them maintain skills and independence for longer and also help their general wellbeing.



Adapting goals

Family members and friends also speak about the importance of adapting activities and goals so they can still be achieved despite their new life situation.

This is not just adapting activities for the person with memory difficulties, but may also involve adapting activities for themselves. For example, you may have noticed there are activities you used to enjoy or things you value, you feel you can no longer do. This is common but there may be ways you can adapt your own goals and activities to accommodate the extra demands being placed on you now you're supporting someone with memory difficulties.

Some activities you used to do may now feel unachievable. However, if you've had to give up certain activities it's important to try and replace them with activities that bring the same value or purpose as the activity you've had to give up.

Step 10

Sources of Support

Getting help, support and advice around memory difficulties can be tough. However, seeking external support can also be really helpful.

So if you're interested in approaching an organisation with a wealth of experience and information that you may find helpful, we've listed the contact details of a number of organisations that people with memory difficulties, family members and friends have found useful in supporting them with day-to-day issues and difficulties.



Age UK, the national charity for older people, provides a wide range of information and advice on issues we face in later life.

For information on help and support available for people with dementia and carers:

www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia/help-and-support7/
Call: 0800 169 6565

Some local Age UKs offer local services for people with dementia and carers. To find out where your local Age UK is:

www.ageuk.org.uk/about-us/local-partners/
Call: 0800 169 6565



Alzheimer's Society are a UK based charity for people affected by dementia.

If you have any questions or concerns about dementia contact Alzheimer's Society:

www.alzheimers.org.uk
Call: 0300 222 11 22



Carers Trust is a major new charity for, with and about carers.

We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. We do this with Network Partners – a unique network of 116 independent carers centres, 55 Crossroads Care schemes and 99 young carers services. Together we are united by a shared vision for carers – to make sure that quality assured information, advice and practical support are available to all carers across the UK.

To find your nearest Network Partner:

www.carers.org

Call: 0844 800 4361

Carers Trust also helps carers through interactive services:

www.carers.org

www.babble.carers.org

www.youngercarersmatter.org



Cornwall Carers' Service is here for you.

Our Helpline is open from 8am to 6pm, Monday to Friday (excluding bank holidays) and one of our operators can give you helpful friendly information and support, and can tell you how we can help you carry on caring. All our services are free, and we will make sure you get the right help, advice and support to make caring a little easier.

Contact us through our website:

www.cornwallcarers.org.uk

Call: 01872 266383

The Cornwall Memory Cafe Network Forum (CMCNF) support a network of Memory cafes across the County.

These memory cafes are a vital resource as they provide a friendly, informal social setting for people with memory loss and carers alike. Each Memory cafe has its own set up and character but all have a variety of activities and information, all have refreshments which sometimes includes homemade cake!

You can obtain more information from our website:

www.cmcnetworkforum.btck.co.uk

Call the forum secretary Margaret on 07974 728435



Dementia Action Alliance is a movement with one simple aim: to bring about a society-wide response to dementia.

It encourages and supports communities and organisations across England to take practical actions to enable people to live well with dementia and reduce the risk of costly crisis intervention.

You can search for your local alliance at:

www.dementiaaction.org.uk/local_alliances

Find the Regional Lead covering your area:

www.dementiaaction.org.uk/contact/regional_leads

You can find out more about Dementia Action Alliance here:

www.dementiaaction.org.uk/



Dementia UK provides Admiral Nurses – specialist dementia nurses – who expertly support families living with dementia.

Admiral Nurses are available to support families from the point of diagnosis to post bereavement, provide advice on referrals to other appropriate services, and liaise with other healthcare professionals on behalf of the family. Currently the majority of Admiral Nurses work within the NHS supporting people in the community. Dementia UK also runs a national helpline and email service, Admiral Nursing DIRECT, which is provided by experienced Admiral Nurses and is for family and professional carers; people with dementia, and those worried about their memory.

For help and advice please contact:

Call: 0845 257 9406

Email: direct@dementiauk.org



Disability Cornwall is a user-led organisation which acts as a platform for the voice of disabled people to be heard and represented.

Our mission is to facilitate a fully inclusive society through empowering disabled people to achieve independence, choice and control and manage a portfolio of projects and services, to help us achieve this. We also operate two advice lines; SENDIASS is for any child or young person aged 0-25, with a special educational need or disability, their parents and families and the other is DIAL, where Independent Living Advisers who are specialists in welfare rights, can provide information, advice and support on any disability related enquiry.

Call: 01736 756655

Email: info@disabilitycornwall.org.uk

www.disabilitycornwall.org.uk



Memory Matters South West CIC provide therapeutic activity and occupation to people living with dementia in the community.

Their services include Community based Activity Day Clubs and in reach 1;1 Activity support workers who visit people in their own homes and engage people in activities tailored to their interests. All of Memory Matters work is based on evidence-based approaches and focus on enabling people to live well with dementia. Services in Cornwall and Plymouth.

www.memorymatterssw.co.uk

Call: 01752 692264

Email: hello@memorymatterssw.co.uk



Shared Lives South West offers 'home-from-home' accommodation, care and support including short breaks and day-services for people with dementia.

Our services are delivered locally in the family homes of specially trained, highly experienced Shared Lives carers. Shared Lives South West is an independent charity inspected and regulated by CQC.

Our phone number is: 01626 360170

Our email address is: enquiries@sharedlivessw.org.uk

www.sharedlivessw.org.uk

Further support can be found at Cornwall Council.

Call Adult Social Care on: 0300 1234 131

www.cornwall.gov.uk

How I am Feeling Chart



Sad or down



Upset



Angry



Numb



Irritated



Embarrassed



Scared



Worried

About the authors



Professor Paul Farrand is an Associate Professor within the Clinical Education, Development and Research (CEDAR), Psychology at the University of Exeter. His main clinical and research interests are in the area of low intensity cognitive behavioural therapy (CBT), especially in a self-help format. Based upon his research and clinical practice he has developed a wide range of written self-help treatments for depression and anxiety, including people with physical health conditions.



Dr Joanne Woodford is a Research Fellow within the Clinical Education, Development and Research (CEDAR) at the University of Exeter. Joanne has a special interest in developing and improving access to evidence based psychological interventions for people with depression. She has developed a range of written self-help materials for people with depression, carers and people with physical health difficulties.



Dr Martin Anderson is an Associate Research Fellow within the Clinical Education, Development and Research (CEDAR) at the University of Exeter. Before joining the University of Exeter, he worked with Cornwall Partnership NHS Foundation Trust as a Primary Care Practitioner helping people experiencing memory changes. Prior to this he practiced as a mental health nurse in research and training.

Acknowledgements

The development of this workbook has been funded by Cornwall Partnership NHS Foundation Trust, the South West Academic Health Sciences Network, and the University of Exeter.

We are very grateful to the Lostwithiel Memory Café, and the many people living with memory difficulties across Cornwall, for sharing their expertise and time to work with the research team to develop this workbook. The support, advice and feedback they have provided has been invaluable.

The 'Behavioural Activation' intervention is based on the behavioural activation model included within 'Reach Out: National Programme Educator Materials to Support the Delivery of Training for Psychological Wellbeing Practitioners Delivering Low Intensity Interventions' by Professor David Richards and Dr Mark Whyte.

Copyright Statement

© 2015. The right of Paul Farrand, Joanne Woodford and Martin Anderson to be identified as the authors of this work has been asserted by them in accordance with the Copyright, Designs and Patent Act, 1998. All rights reserved. The booklet has been produced on the condition that it shall not, by way of trade or otherwise, be lent, sold, hired out or otherwise circulated in any form binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent reader. Materials in this work may not be freely copied for any purpose.

Illustrations © 2015 Paul Dowling. All rights reserved. Illustrations may not be reproduced without permission.

